



N.C. Jindal Public School

Punjabi Bagh, New Delhi

ANNUAL HPE SPORTS SYLLABUS

Monthly & Weekly Planner | 2026 – 2027

Class XI

TERM 1

April – September 2026

TERM 2

October 2026 – February 2027

Sports Included:

Football | Volleyball | Basketball | Badminton | Table Tennis



FOOTBALL Sessions: 2 per week | Duration: 45 – 60 min

| TERM 1 – April to September 2026 | | |
|---|-------------------|---|
| Month | Week Dates | Skills / Activities |
| April 2026 | 1 – 10 Apr | Ball Control – first touch control, receiving on chest and thigh with direction |
| | 13 – 18 Apr | Dribbling with Purpose – change of direction at speed, shielding the ball |
| | 20 – 24 Apr | Passing Combinations – wall passes, give-and-go, switching play with longer passes |
| May 2026 | 2 – 8 May | Shooting Practice – driven shot on target, shooting from inside the box |
| | 11 – 18 May | Shooting from Distance – accuracy and power, shooting off both feet |
| July 2026 | 1 – 10 Jul | Crossing & Finishing – delivering from wide areas, attacking near/far post |
| | 13 – 18 Jul | Set Pieces – basic free kick & corner routines, near post & far post runs |
| | 20 – 24 Jul | Defending 1v1 – jockeying, delaying the attacker, winning the ball safely |
| | 27 Jul | Defending as a Group – covering, tracking runners, basic defensive shape |
| August 2026 | 1 – 7 Aug | Team Positioning – understanding basic 4-4-2 shape, roles on the pitch |
| | 10 – 14 Aug | Transition – moving quickly from defence to attack after winning possession |
| | 17 – 21 Aug | Goalkeeping Basics – shot stopping, positioning, starting attacks with distribution |
| | 24 – 31 Aug | Small-Sided Games – 5v5 & 7v7 with positional awareness focus |
| September 2026 | 1 – 5 Sep | Match Play – 9v9 game with structured team roles and positional discipline |
| | 7 – 11 Sep | Revision – skill stations: dribbling, passing, shooting, heading |
| TERM 2 – October 2026 to February 2027 | | |
| Month | Week Dates | Skills / Activities |
| October 2026 | 1 – 9 Oct | Possession Play – keeping the ball under pressure, simple short passing |
| | 12 – 17 Oct | Combination Play – overlapping runs, 2v1 situations, support play |
| | 21 – 30 Oct | Attacking Movement – runs in behind, creating space for teammates |
| November 2026 | 2 – 6 Nov | Defensive Organisation – holding shape, tracking back, marking opponents |
| | 12 – 21 Nov | Counter-Attack – quick transition from defence, releasing forward players |
| | 23 – 30 Nov | Set Piece Execution – practising corners, free kicks and throw-in routines |
| December 2026 | 1 – 4 Dec | Game Sense – decision making: when to pass, dribble or shoot |
| | 7 – 11 Dec | Team Communication – calling for the ball, organising defensively |
| | 14 – 18 Dec | Revision – position-specific practice: defenders, midfielders, forwards |
| | 21 – 31 Dec | Competitive Match – full 11v11 game with coaching feedback |
| January 2027 | 16 – 22 Jan | Tournament Preparation – team shape, set pieces, game plan discussion |
| | 25 – 29 Jan | Final Assessment – individual skill test & positional understanding |



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| February 2027 | 1 – 6 Feb | Inter-Class Tournament – group stage matches |
| | 8 – 12 Feb | Inter-Class Tournament – semi-finals and final |

VOLLEYBALL Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026

| Month | Week Dates | Skills / Activities |
|-----------------------|-------------|---|
| April 2026 | 1 – 10 Apr | Forearm Pass (Dig) – consistent platform, passing to target zone |
| | 13 – 18 Apr | Overhead Set – accurate two-hand set, setting to attacking zones |
| | 20 – 24 Apr | Serve – underhand & overhand serve with improved placement accuracy |
| May 2026 | 2 – 8 May | Spiking Technique – approach footwork, arm swing, contacting the ball at peak |
| | 11 – 18 May | Blocking Introduction – proper hand position, timing the jump, reading the spiker |
| July 2026 | 1 – 10 Jul | Serve Receive – reading the serve, moving to the ball, accurate pass to setter |
| | 13 – 18 Jul | 3-Touch Combination – pass-set-spike pattern with consistency |
| | 20 – 24 Jul | Court Positioning – understanding rotational positions, covering zones |
| | 27 Jul | Team Communication – calling the ball, directing teammates, covering |
| August 2026 | 1 – 7 Aug | Attacking Variations – line shot vs cross-court, tip shot over the block |
| | 10 – 14 Aug | Defensive Positioning – reading the attacker, digging hard-driven balls |
| | 17 – 21 Aug | 6v6 Rotation – playing all six positions, understanding rotation rules |
| | 24 – 31 Aug | Game Sense – when to attack, when to keep the rally, shot selection |
| September 2026 | 1 – 5 Sep | Competitive Scrimmage – 6v6 with full rotation and basic substitution |
| | 7 – 11 Sep | Revision – dig, set, spike circuit with target zones |

TERM 2 – October 2026 to February 2027

| Month | Week Dates | Skills / Activities |
|----------------------|-------------|--|
| October 2026 | 1 – 9 Oct | Serving Zones – targeting weak areas, varying power and direction |
| | 12 – 17 Oct | Serve Receive Patterns – team formation, identifying primary receivers |
| | 21 – 30 Oct | Setting Under Pressure – setting after a difficult dig, back-setting |
| November 2026 | 2 – 6 Nov | Attacking Off Different Sets – high ball, quick set, back set |
| | 12 – 21 Nov | Block & Defence Combination – blocker and digger coordination |
| | 23 – 30 Nov | Team Tactics – basic offensive and defensive system awareness |
| December 2026 | 1 – 4 Dec | Game Situation Drills – side-out, free ball, down-ball scenarios |



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| | 7 – 11 Dec | Rally Consistency – keeping rallies going, reducing errors under pressure |
| | 14 – 18 Dec | Revision – full skill circuit: serve, pass, set, spike, block |
| | 21 – 31 Dec | Competitive Match – 6v6 with scorer, referee, and rotation rules |
| January 2027 | 16 – 22 Jan | Tournament Preparation – team roles, communication and game strategy |
| | 25 – 29 Jan | Final Assessment – individual skill test & game understanding |
| February 2027 | 1 – 6 Feb | Inter-Class Tournament – group stage |
| | 8 – 12 Feb | Inter-Class Tournament – semi-finals and final |

BASKETBALL Sessions: 2 per week | Duration: 45 – 60 min

| TERM 1 – April to September 2026 | | |
|--|-------------|--|
| Month | Week Dates | Skills / Activities |
| April 2026 | 1 – 10 Apr | Ball Handling – crossover dribble, change of pace, protecting the ball |
| | 13 – 18 Apr | Passing Accuracy – chest, bounce and overhead pass at game speed |
| | 20 – 24 Apr | Lay-up Consistency – right and left hand lay-up, contested lay-up |
| May 2026 | 2 – 8 May | Shooting – mid-range jump shot, set shot, catch-and-shoot drill |
| | 11 – 18 May | Free Throw Routine – consistent pre-shot routine, pressure free throws |
| July 2026 | 1 – 10 Jul | Offensive Moves – triple threat position, jab step, drive or shoot decision |
| | 13 – 18 Jul | Screening Basics – setting a legal screen, using a screen to get open |
| | 20 – 24 Jul | Man-to-Man Defence – on-ball pressure, denying passes, help defence |
| August 2026 | 27 Jul | Rebounding – box-out technique, securing the ball, outlet pass |
| | 1 – 7 Aug | Fast Break – pushing the pace after a rebound, filling the lanes |
| | 10 – 14 Aug | Half-Court Offence – basic spacing, cutting to basket, passing and moving |
| | 17 – 21 Aug | Zone Defence Basics – understanding 2-3 zone, shifting with the ball |
| | 24 – 31 Aug | 3v3 & 4v4 Games – applying skills in small-sided competitive situations |
| September 2026 | 1 – 5 Sep | 5v5 Match – full game with proper rules, fouls and free throws |
| | 7 – 11 Sep | Revision – skill stations: dribbling, shooting, defence, rebounding |
| TERM 2 – October 2026 to February 2027 | | |
| Month | Week Dates | Skills / Activities |
| October 2026 | 1 – 9 Oct | Pick & Roll Basics – setting the screen, rolling to basket, ball handler reads |
| | 12 – 17 Oct | Offensive Rebounding – anticipating the miss, tip-in, put-back lay-up |
| | 21 – 30 Oct | Defensive Rotations – help and recover, switching on screens |



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| November 2026 | 2 – 6 Nov | Transition Defence – getting back quickly, stopping the fast break |
| | 12 – 21 Nov | Post Play Basics – catching in the post, drop step, face-up move |
| | 23 – 30 Nov | Team Offence – basic play: dribble-drive, kick out, shoot or drive again |
| December 2026 | 1 – 4 Dec | Game Situations – inbound plays, last-second shots, foul situations |
| | 7 – 11 Dec | Decision Making – when to drive, pass or shoot in live game situations |
| | 14 – 18 Dec | Revision – full skill circuit: ball handling, shooting, defence, rebounding |
| | 21 – 31 Dec | Competitive Match – 5v5 with coaching timeouts and team feedback |
| January 2027 | 16 – 22 Jan | Tournament Preparation – team roles, simple play calls, game strategy |
| | 25 – 29 Jan | Final Assessment – individual skill test & game understanding |
| February 2027 | 1 – 6 Feb | Inter-Class Tournament – group stage |
| | 8 – 12 Feb | Inter-Class Tournament – semi-finals and final |

BADMINTON Sessions: 2 per week | Duration: 45 – 60 min

| TERM 1 – April to September 2026 | | |
|---|-------------------|---|
| Month | Week Dates | Skills / Activities |
| April 2026 | 1 – 10 Apr | Footwork & Court Movement – 4-corner footwork, split step, lunge recovery |
| | 13 – 18 Apr | Forehand & Backhand Clear – consistent full-length clears, rally building |
| | 20 – 24 Apr | Drop Shot – forehand drop, controlled placement to front court |
| May 2026 | 2 – 8 May | Smash – forehand smash with direction, smash to corners |
| | 11 – 18 May | Serve Accuracy – low serve to T-junction, flick serve variation |
| July 2026 | 1 – 10 Jul | Net Play – net lift, net drop, tight net shots |
| | 13 – 18 Jul | Drive Shot – flat drive down the line and cross-court |
| | 20 – 24 Jul | Singles Tactics – attacking from rear court, defending at the net |
| | 27 Jul | Court Coverage – moving efficiently, returning to base position |
| August 2026 | 1 – 7 Aug | Doubles Basics – front-back formation, side-by-side defence |
| | 10 – 14 Aug | Doubles Rotation – switching formations, covering partner's weak side |
| | 17 – 21 Aug | Rally Patterns – building pressure with clear-drop-smash combination |
| | 24 – 31 Aug | Game Sense – shot selection based on shuttle position and opponent movement |
| September 2026 | 1 – 5 Sep | Competitive Singles – 21-point games with basic tactical awareness |
| | 7 – 11 Sep | Revision – stroke circuit: clear, drop, smash, serve, net play |
| TERM 2 – October 2026 to February 2027 | | |



| Month | Week Dates | Skills / Activities |
|----------------------|-------------|---|
| October 2026 | 1 – 9 Oct | Serve & Return – varying serve placement, returning to advantage position |
| | 12 – 17 Oct | Attack & Defence – smash and cover, lifting out of defence |
| | 21 – 30 Oct | Rally Construction – patient build-up, creating the smash opportunity |
| November 2026 | 2 – 6 Nov | Doubles Match Play – applying formations in 21-point doubles game |
| | 12 – 21 Nov | Match Awareness – reading opponent's patterns, adjusting play |
| | 23 – 30 Nov | Consistency Drills – long rallies focusing on control and placement |
| December 2026 | 1 – 4 Dec | Competitive Situations – saving game points, managing nerves under pressure |
| | 7 – 11 Dec | Mixed Doubles Introduction – understanding roles, basic positioning |
| | 14 – 18 Dec | Revision – full stroke & movement circuit with partner drills |
| | 21 – 31 Dec | Competitive Match – singles & doubles with umpire and fault rules |
| January 2027 | 16 – 22 Jan | Tournament Preparation – warm-up routine, match-day focus |
| | 25 – 29 Jan | Final Assessment – practical skill test & match performance |
| February 2027 | 1 – 6 Feb | Inter-Class Tournament – singles & doubles group stage |
| | 8 – 12 Feb | Inter-Class Tournament – semi-finals and final |

TABLE TENNIS Sessions: 2 per week | Duration: 45 – 60 min

| TERM 1 – April to September 2026 | | |
|---|-------------|--|
| Month | Week Dates | Skills / Activities |
| April 2026 | 1 – 10 Apr | Footwork – side-to-side shuffle, in-out movement, recovering to ready position |
| | 13 – 18 Apr | Forehand Drive – consistent topspin drive, cross-court and down-the-line |
| | 20 – 24 Apr | Backhand Drive – backhand topspin drive, rally with alternate strokes |
| May 2026 | 2 – 8 May | Push Stroke – forehand and backhand push with placement |
| | 11 – 18 May | Serve Variation – short backspin serve, long fast serve, side-spin serve |
| July 2026 | 1 – 10 Jul | Service Return – identifying spin, selecting push or drive return |
| | 13 – 18 Jul | Forehand Loop – looping against backspin, opening the rally |
| | 20 – 24 Jul | Smash – smashing high balls, angle smash to wide areas |
| | 27 Jul | Rally Tactics – cross-court vs down-the-line, using the full table |
| August 2026 | 1 – 7 Aug | Placement & Control – targeting corners, varying speed and spin |
| | 10 – 14 Aug | Match Play – 11-point singles games, applying serve and return tactics |
| | 17 – 21 Aug | Doubles Basics – serving rotation, partner positioning, quick exchange |



| | 24 – 31 Aug | Game Sense – decision making: attack, push or lob based on ball height |
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| September 2026 | 1 – 5 Sep | Competitive Singles – best-of-3 games with structured match play |
| | 7 – 11 Sep | Revision – stroke circuit: drive, push, loop, smash, serve |
| TERM 2 – October 2026 to February 2027 | | |
| Month | Week Dates | Skills / Activities |
| October 2026 | 1 – 9 Oct | Serve & Third Ball – serving with purpose, following up with attack |
| | 12 – 17 Oct | Receive Tactics – reading spin on serve, choosing push or flick return |
| | 21 – 30 Oct | Consistency Under Pressure – long rally drills, maintaining technique |
| November 2026 | 2 – 6 Nov | Match Situations – playing from behind, managing close scores |
| | 12 – 21 Nov | Doubles Strategy – serving order, communication with partner, switching |
| | 23 – 30 Nov | Spin Awareness – identifying topspin vs backspin, adjusting contact angle |
| December 2026 | 1 – 4 Dec | Tactical Singles – targeting opponent's weaker side, varying pace |
| | 7 – 11 Dec | Competitive Doubles – applying doubles rules, scoring and rotation |
| | 14 – 18 Dec | Revision – full skill circuit: serve, drive, push, loop, placement |
| | 21 – 31 Dec | Competitive Match – best-of-5 singles with coaching feedback |
| January 2027 | 16 – 22 Jan | Tournament Preparation – warm-up routine, game planning |
| | 25 – 29 Jan | Final Assessment – practical skill test & match performance |
| February 2027 | 1 – 6 Feb | Inter-Class Tournament – singles group stage & knockouts |
| | 8 – 12 Feb | Inter-Class Tournament – doubles semi-finals and final |